RMHP PIAC Meeting
What is Familia Adelante?

• Familia Adelante is a family-centered, evidence-based substance use and sexual risk behavior prevention intervention for Hispanic youth ages 10-17 and their families. It is a multi-level intervention that targets risk (e.g., poor adolescent communication) and protective factors (e.g., parental involvement) at the family, peer, and school level.
Curriculum

1 Introduction and evaluation
2 Concept building
3 Feelings
4 Stress overview
5 Acculturation stress
6 Economic/occupational stress
   School-related stress
7 Parental stress part I
   Negative peer pressure
8 Family stress, part I
9 Family stress, part II
10 Gang prevention
11 Substance abuse education
12 Evaluation and celebration
**Key Inputs**
- **Staff**
  - Julissa Soto - Director
  - Family Coordinator
  - Youth Coordinator
  - Promotoras

- **Organizational support**
  - Mental Health staff
  - Shawn Davis, Evaluator

- **Partnerships**
  - Various community coalitions
  - Various FQHCs
  - School districts
  - Other nonprofit organizations
  - Public Health Dept
  - Mental Health facilities
  - Suicide Prevention and Substance abuse prevention
  - County dept. of human services

- **Evidence-based Curriculum**
  - Familia Adelante

- **Funding**

**Key Activities**
- **Outreach/Recruitment**
  - Active, in-person outreach in communities, including door-to-door canvasses and recruitment in schools, churches, bakeries, etc.
  - Community workshops
  - Referrals from partners
  - Extensive tailoring of outreach materials to Latino culture

- **Familia Adelante Curriculum**
  - Family needs assessment
  - 12 week, evidence-based family centered curriculum (8 group sessions, 4 family sessions)
  - Parent-school meetings
  - Parent-peer meetings
  - All classes and activities conducted in Spanish with high attention to culture

**Key Outputs**
- **Neighborhood Cohesion**
  - # of community trainings
  - # of referrals
  - # of outreach sessions

- **Community & School Involvement**
  - Build stronger communities & supportive environments
  - Support from promotoras
  - Supportive school environment
  - Social connectedness
  - Family Support Networks

- **Data collected**
  - Family functioning
  - Acculturation and stress
  - Behavioral health
  - Problem behaviors
  - Risk behaviors

**Outcomes**
- **Increased awareness and knowledge about...**
  - Social Competence
  - Emotional wellbeing
  - Protective factors and risk factors
  - American systems

- **Increased self esteem**
- **Improved emotional well-being**
- **Improved resilience**
- **Increased positive peer relations**
- **Improved family functioning**

- **Decreased problem behaviors**
- **Decreased stigma and discrimination**
- **Decreased social isolation**
- **Decreased distress**
- **Decreased risk behaviors**

**Longer-term Outcomes**

**Impact**
How do we maximize the impact of Familia Adelante?

Integrate Familia Adelante into the Communities that Care communities
Aligning Familia Adelante with Communities that Care

• Communities That Care guides communities through a proven five-phase change process. Using prevention science as its base, the program promotes healthy youth development, improves youth outcomes and reduces problem behaviors.
5 Phases of CTC

1. Get Started
2. Get Organized
3. Develop Community Profile
4. Create a Plan
5. Implement and Evaluate
Develop a Community Profile

Communities assess community risks and strengths—and identify existing resources. The community board and workgroups:

- Review data from the community’s youth survey.
- Identify priority risk and protective factors that predict targeted health and behavior problems.
- Assess community resources that address these factors.
- Identify gaps to be filled in existing resources.
Create a Community Action Plan

The community board creates a plan for prevention work in their community, to:

• Reduce widespread risks and strengthen protection.
• Define clear, measurable outcomes using assessment data.
• Select and expand tested and effective policies and programs using the Blueprints for Healthy Youth Development website.
Northern Larimer County CTC

- City of Fort Collins
- Poudre School District
- Colorado State University
- UC Health
- The Health District of Northern Larimer County
- Larimer County Department of Human Services
- TEAM Wellness and Prevention
- Neighbor to Neighbor
- Partners Mentoring Youth
- SummitStone Health Partners
- Boys and Girls Club of Larimer County
- The Youth Clinic
- Crossroads Safehouse
- Imagine Zero
- The Matthews House
- Harvest Farm
South Larimer Southern Larimer Prevention Partnership (SLPP)

- Thompson School District
- City of Loveland Public Library
- City of Loveland Youth Advisory Commission (YAC)
- Town of Berthoud Youth Advisory Commission (YAC)
- Larimer County Public Health & Environment - CTC
- Grandfamilies Alliance
- Healthy Hearts - UC Health
- Boys & Girls Club of Larimer County
- Vida Sana Loveland
- SummitStone Health Partners
- Colorado State University Prevention Research Center
- House of Neighborly Service
- Northern Colorado Health Network
- Imagine Zero Coalition
- NoCo Splash
Routt County CTC

Routt County Schools surveyed:  

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<th>School</th>
<th># of students</th>
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<td>Yampa Valley High School</td>
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Moffit County CTC

- Boys and Girls Club of Craig
- Moffat County School District
- Young Life
- Northwest Colorado Health
- Memorial Regional Health
- Connections for Kids
- Mind Springs
- Moffat County Government
- City of Craig
- Moffat County Department of Human Services
- Craig Police Department
- Craig Press
- Grand Futures Prevention Coalition
- Yampa Valley Pregnancy Center
- Moffat County Collaborative Management Program
- Moffat County United Way
- Advocates Crisis Support Services
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